

Nicole's Homework - Week #2

[Video #2 on YouTube](#)

20 Seconds Each	10 Each
<p>Slam Drill</p> <ul style="list-style-type: none"> ● Right two dribbles - Slam ● Left two dribbles - Slam ● Right two dribbles - Cross Slam ● Left two dribbles - Cross Slam ● Right two dribble - Through legs Slam* ● Left two Dribbles - Through legs Slam* ● Right two Dribble - Behind Slam* ● Left two Dribbles - Behind Slam* <p>*Modified version pass behind body</p>	<p>Triple Threat</p> <ul style="list-style-type: none"> ● Triple Threat / Rips <ul style="list-style-type: none"> ○ Left Right - 2 Rips Below Knees ○ Right Left - 2 Rips Below Knees ● Triple Threat / Jab and shot <ul style="list-style-type: none"> ○ Left Right - Jab Right - "Shot" ○ Right Left - Jab Left - "Shot" ● Triple Threat / Jab and go <ul style="list-style-type: none"> ○ Left Right - Jab Right - Dribble Right Hand ○ Right Left - Jab Left - Dribble Left Hand ● Triple Threat / Jab and Cross <ul style="list-style-type: none"> ○ Left Right - Jab Right - Dribble Left Hand ○ Right Left - Jab Left - Dribble Right Hand
<p>Game - 30 Second Timer</p>	
<p>Pound cross pound cross, pound x2 cross pound x2 cross, pound x3 cross pound x3 cross... continue counting up until the time runs out (Challenge yourself between legs or behind back). Try to beat last score</p>	

